

Family Weekly

The Herald-Palladium

COMBINING *The News-Palladium* AND THE HERALD-PRESS

JULY 11, 1976

**Wallace, McCarthy:
Opinions-With-Punch
From Campaign '76**

**In Our Cookbook:
Recipes Galloping
Out of the West**

**A Quiz to Tell
If Your Personality
Is "Skin-Deep"**



**On Country Music's New Frontier
With Waylon Jennings and Jessi Colter:**

**"I was on a collision course
with something when I met her . . ."**

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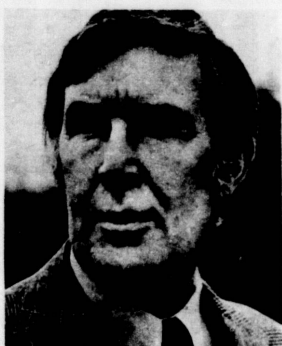
Ask Them Yourself

Want to ask a famous person a question? Send the question, on a postcard, to "Ask," Family Weekly, 641 Lexington Ave., New York, N.Y. 10022. We'll pay \$5 for published questions. Sorry, we can't answer others.

FOR REP. MORRIS UDALL (D.-Ariz.)

Isn't it inefficient to have all 435 members of the House of Representatives face re-election every two years?—T. R. Ellis, Valparaiso, Ind.

● Of course, but I don't see any realistic prospect of a



Constitutional amendment to lengthen those two-year terms. But I certainly don't think a four-year term would make Congress less responsive to the public. Anyone who would ignore his or her constituents for four years is already doing it for two. It would ease many of the operational burdens of campaigning so that we could spend more time on the serious and time-consuming business of legislation.

FOR LAINIE KAZAN

Do you fear growing old?—R.J., Waterbury, Conn.

● And how! Looks are the greatest asset in show business, and losing them is scary. I want to stay young and beautiful forever! I don't celebrate birthdays any more—they're disasters, not celebrations. Not many women would admit this, but I will. I'll go for my first face-lift the moment that first crack or crease appears. And I can't imagine life without energy, because I've got so much of it now.



FOR KAYE BALLARD

Can you remember your most memorable moment in show business?—S.R., Pocatello, Idaho

● Sure. It was soon after I started in the business (I won't say how long ago that was!), when I was with Spike Jones's band at the Trocadero (at the time, Hollywood's most famous club). After I sang "You Made Me Love You," I was introduced to Clark Gable. He kissed me on the cheek. I've never been the same since.



FOR TONY ORLANDO

Don't you think a performer's formula is mostly responsible for his success?—L.M., Anderson, Ind.

● When an artist is on stage, the audience watches him, not his "formula." Personality isn't acquired. Either you've got it or you haven't. The studio chiefs may not agree, but I see it this way: a good star can do wonders with a bad script. On the other hand, give a good routine to a performer who doesn't relate to the audience, and he'll fall flat.



FOR JOHN WAYNE

Does it bother you that someone might write a revealing book about you?—T.D., Saginaw, Mich.

● Having been in the public eye for over 50 years, I've had many a revealing—and untrue—article written about me. More of the same will probably follow from some of the more provocative hunters from the fourth estate. But I'm immune to it now. The possibility of that book you mention won't cause me to lose any sleep.



FOR BARBARA HOWAR, author of "Making Ends Meet"
How do you feel about Barbara Walters's new million-dollar job with ABC? Any chance of your taking over her old one?—B.C., Gary, Ind.

● I think it's terrific. She's worth it and deserves it. I don't know anyone who has worked harder or who has overcome more. And—she'll open the door for the rest of us! As to my taking over her NBC job, Barbara's seat is hard to fill. Also, everyone in the country thinks of me—except NBC. Maybe it's because I'm too opinionated. I'm forthright, and that's not what they're looking for.



FOR KAREN GRASSLE, actress

Are all your "Little House on the Prairie" shows based on the real experiences of authoress Laura Ingalls Wilder and her family?—Kathie Whitesell, Elon College, N.C.

● Many of our shows are based on things that really happened to Laura Ingalls Wilder and her family. But if we limited ourselves to the straight facts out of the books, we would have been finished with them in one year. TV eats up scripts very fast, so we must write additional stories. Some of them are not from the books, but we do our best to keep the feel and ideals of the books in all our scripts.



FOR BOB WOOLF,

sports attorney and author of "Behind Closed Doors"

Many players complain about the commissioner in their sport being the owner's man. Do you feel the commissioners are mostly neutral?—John Davis, Sacramento, Calif.

● I feel strongly that the commissioner should be selected by both the owner and the players. The funds for his office should also be supplied equally by both groups. In this way, he could be a true commissioner, partial only to the needs of the sport.



FOR SHELLEY WINTERS

Was there ever a time you forgot your lines?—J.R., Little Rock, Ark.

● Not lines, but names. I don't know why, but I find it hard memorizing who's who in a large group. Once I hosted a reception for Adlai Stevenson when he was at the U.N. It was my job to introduce 30 people, then seat them. After I did that, I sent Adlai a note: "I've suddenly become ill and must go home." I just couldn't face a dinner table full of people whose names I couldn't remember.



FOR THE "ASK THEM YOURSELF" EDITOR

I'm nuts about Anson Williams of TV's "Happy Days." Tell me about him, please!—Helen Danley, Champaign, Ill.

● Anson is 26, lives alone, is sensitive, meditates a lot and drives a Porsche. He wants to get married and dates heavily. He's very close to his parents and younger sister. Anson got the acting bug when he took a theater course in college. Later he paid for voice and drama lessons by selling shoes and newspapers, and he even became a short-order cook. ("I made the world's worst hamburgers.") He's a fantastic fund-raiser (has helped raise \$1 million for cerebral palsy alone) and holds the record for being the youngest, fastest celebrity on the "\$10,000 Pyramid" game show. In his seven-year career, Anson hasn't left a stone unturned—he writes music, makes commercials, sings, emcees, does club work. You might even see him this summer; his revue debuted at the Saratoga Fair and is on tour now.



Anson Williams

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Last of a Series on the Candidates:

Interviews by the Editors of FAMILY WEEKLY

Wallace and McCarthy

"Busing is counterproductive. Why not let people alone? What we really need to do is let some things in life operate naturally."

—Gov. George Wallace

GEORGE WALLACE

Democrat

On the U.N.: I'm not a strong supporter of the United Nations because it's turned out to be nothing but a forum for anti-American propaganda. But I wouldn't go so far as to say we need a new international organization. I don't think any world organization is ever going to work. The League of Nations failed and so has the U.N. The only way to guarantee world peace is for the free nations to remain militarily superior.

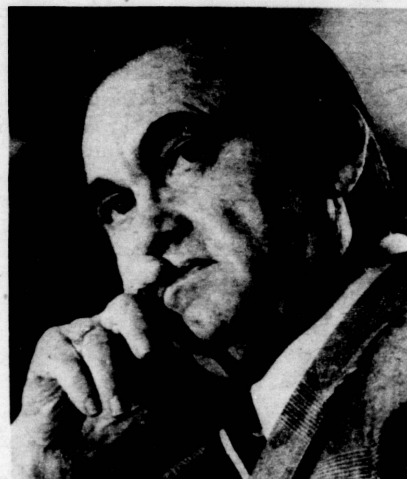
On the CIA: We need an effective foreign intelligence unit. The Soviet Union has one. They operate theirs in America right under our noses. But you never hear anything about it because they don't have Congressional investigating committees telling all their secrets to the rest of the world.

On Crime: Strict and sure enforcement and punishment would stop crime, or at least slow it down, so that within a period of four or five years it would be safe to walk in city streets again. If we have to build bigger penitentiaries, hire more prison guards, that's fine. We've tried everything under the sun: abolishing capital punishment, giving lighter sentences and quick probation, even building "hotels" for the prisoners, which they then burn down. And crime just goes up and up. Let's get back to sure and swift punishment and see what that will do. As President, I would strongly advocate that we return to capital punishment, and I would appoint judges who are strict Constitutionalists to help me restore the death penalty.

On Medical Care: I don't want to see the medical profession taken over by the Government, as has happened in England. Socialized medicine is not the answer. What we need is to train more doctors and to create an insurance program covering catastrophic illnesses which would become available to every American citizen. I want to see medicine work in conjunction with the free enterprise system.

On the Economy: To fight inflation we've got to stop overspending on matters that bring no return, such as welfare rip-offs, which take place to the tune of several billion dollars a year; our overgrown and costly bureaucracy; and foreign aid to countries which are our enemies. In order to enhance consumer

It would be difficult to imagine two more independent politicians than Sen. Eugene McCarthy and Gov. George Wallace. In 1968 they were both potent Presidential candidates working outside the Democratic mainstream. In 1976 they are back. Although their approaches are quite different, they still represent alternatives to the mainstream, and for that alone their opinions are worth noting.



Wallace: A return to capital punishment.

confidence, which would in turn promote additional spending and additional employment, the tax system must be overhauled to give relief to the great middle class.

On Busing: Even the person responsible for busing, Professor James Coleman, has abandoned busing. He says busing is counterproductive. Why not let people alone? I believe in quality education, equality of opportunity and freedom of choice. Allow the parent or guardian of a child to choose that child's school. If that school is outside their neighborhood, provide busing if necessary, since then it's a voluntary program. But what we really need to do is let some things in life operate naturally. Provide our children with good schools, good teachers and good equipment, and quit trying to artificially bring about percentages and quotas. The alternative to busing is good education for every child. I think both the black parent and the white parent would rather the Government spend its time trying to solve inflation and unemployment than getting involved in all this social experimentation.

On Freedom of the Press: I would never want to curtail any expression of the press in any fashion, but I do think journalistic restraint should be exercised more often. I don't think there should be constant lampooning of the President and his family, because it affects the lives of the children and their relationship with

Continued on page 7



McCarthy: How to save \$80 billion a year.

"First Ladies should leave politicking to the Chief Executive. Maybe we ought to entertain the idea of celibacy for our President. Look how well it has served the Papacy for centuries!"
—Sen. Eugene McCarthy

EUGENE MCCARTHY

Independent

On the Economy: The real cause of inflation lies in our mythical belief that the economy should continue to grow at a rapid pace. We also mistakenly count as productive those things which are in fact wasteful, like automobiles. We'd save \$80 billion a year if we had smaller, more efficient cars. Right now, the individual pays \$1,500 a year to own a car, and society pays another \$1,500 indirectly for highway construction and pollution programs. The things that increase the Gross National Product are wasteful to human life. Automobile accidents, for example. In a perverted way, auto accidents help the economy because manpower is needed to help the victims—ambulances, police, wrecking crews, insurance adjusters, lawyers. And, if the accident is bad enough, one or two new cars must be purchased. That's what we call growth in our present economics.

On the Vice Presidency: Personally, I'd like to do away with the office altogether. The Vice President has no real function. But, perhaps if a candidate picked a running mate that he was in agreement with on major issues and purposes, rather than some mediocre but agreeable character from a different region of the country, then the office of Vice President could be made useful.

On Busing: The public debated the Civil Rights issue from 1948 to 1964, when the bill was finally signed. The busing issue is no less controversial and will take just as long to settle. We know busing can't be voluntary. We have no evidence that integrated schools will integrate society. You can't impose integration during school hours and then at four o'clock have the children return to their very different neighborhoods and imagine that those differences don't matter. There has been entirely too great a burden imposed on public education since it began: first, schools were meant to eliminate religious intolerance; then, to equalize differences between the rich and the poor; and now, they're supposed to take care of racism. Without a strong religious base, we have begun to rely more and more on schools to alleviate and equalize national problems. Maybe we should consider building smaller schools in neighborhoods as an alternative in areas where busing has proved an unsolvable situation.

On Military Spending: Former Secretary of Defense Robert McNamara, who served during the Kennedy Administration, said that we must be prepared for "two and a half" kinds of war. While his opinion didn't cause too many reverberations back in the early 60's, it does in today's nuclear age. What we're doing is preparing to fight World War II all over again, and it's just never going to happen again. We are prepared to fight on three levels: nuclear, conventional and guerrilla (which is the "half"). We're over-prepared to fight with nuclear power. The conventional warfare we continue to improve upon so as to make each new bomber outmoded by the time it makes its first test-run is an outrageous military expenditure. We should be downgrading these planes at this point.

On Welfare: I don't understand why there is so much opposition to the idea of national welfare. Social Security is a national program, as is Medicare and the Wage and Hour Act. These programs work, and so could a nationalized welfare system. We must have it if we are to relieve the major urban areas that are now supporting most of the welfare recipients. Why should a special burden fall on New York and Detroit to support masses of minority groups on welfare?

On Crime: Registration of handguns

Continued on page 7

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FILTER: 11 mg. "tar", 0.7 mg. nicotine, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report APR. '76.

Campaign '76

Wallace

Continued

their parents. I've undergone attacks by the press for so long that it doesn't matter much to me personally any more. But let's not make heroes out of those who leak or steal classified information and documents that might imperil the security of this country.

On Welfare: I think we need a Federal-state partnership to handle welfare. But I'm not suggesting that the Federal Government take over this problem; the states should be able to determine eligibility rolls and monitor the system. We've let welfare grow by leaps and bounds to the point where people are leaving one state for another for the sole purpose of getting on welfare. We've got to make our welfare system more equitable across the country so we don't badly dislocate our population and force poor, rural people to move to urban areas where they will feel unsuited to live.

On the Third World: I think we have neglected these nations, perhaps the entire South American continent. While I don't feel we should be involved in determining what form of government these nations should have, I would say that if the Soviet Union is involved in helping a particular Third World country change its form of government, then I think there's nothing wrong with the U.S. giving covert aid to pro-Western forces in that country. I'd like to see democratic processes prevail all over the globe, but we all know that certain peoples aren't as concerned about what kind of government they have as Americans are.

McCarthy

Continued

would help to a small degree, but all of society must be overhauled if we are really to curb crime. We must eliminate the conditions that the poor live with. Severe punishment seems a poor solution. The record shows absolutely no relation be-

tween suppression and the degree of crime. I particularly object to the severe sentencing for auto thieves. Why not punish them by giving them cars and making them pay for the upkeep?

On the U.N.: Rather than detaching ourselves from the U.N., I think we must begin to use it more fully. We forget that we were among the first to disre-

gard the U.N. as an international forum. Under Eisenhower, John Foster Dulles began to fragment the international alliance structure by setting up regional organizations like SEATO. We don't need to have separate policies in Africa, Western Europe, Central Europe. We must get out of those smaller groups and declare our purposes through the U.N.

On the First Lady: I'd like to see a return to First Ladies like Bess Truman and Grace Cool-

idge. They kept out of the limelight. I don't believe the President's family should be involved to the extent that has become popular in recent administrations. If they don't want to be ridiculed by the press, and if they really want the respect of every citizen, First Ladies should leave politicking to the Chief Executive. Maybe we ought to entertain the idea of celibacy for our President. Look how well it has served the Papacy for centuries!



Wallace



McCarthy

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GENERAL  ELECTRIC

Observations

Writes Stanley Curran of Milwaukee: I'm concerned that our country has to import nearly half its oil. This makes us dangerously dependent on foreign countries, which can jack up the prices or cut off our supplies in case of political problems. Why can't we get oil from the big oil shale deposits in the West?

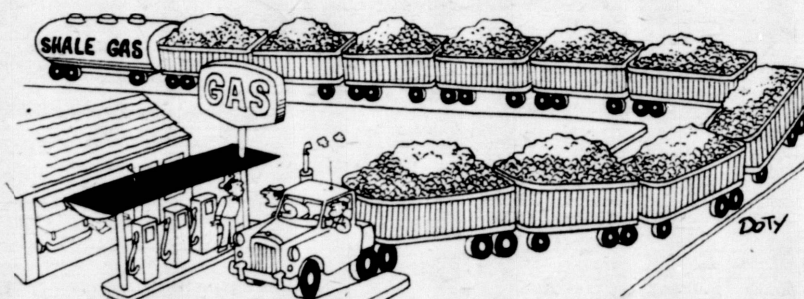


As the saying goes, "shale oil has a great future—and always will have." America seems perennially on the verge of a shale oil bonanza. It's estimated that with existing technology, at least 54 billion barrels of oil could be recovered from the huge shale formations in Colorado, Utah and Wyoming. That's more than our country's known recoverable reserves from conventional drilling and equal to half the oil in Saudi Arabia, the country with the world's largest reserves.

Trouble is, shale continues to pose serious environmental and economic problems that have yet to be fully solved. The brown or grey sedimentary rock contains about a quarter as much energy as coal and will yield its oil only if heated to extremely high temperatures. To tap its full oil content, the rock must be pulverized. So to get 25 to 30 gallons of oil, you have to crush and heat a ton of shale.

What remains after heating and crushing the shale is a dusty residue. And it's about 30 percent greater in volume than the compact shale rock you started with. Because there's so much of it, the spent shale can't simply be pushed back into the mine cavity. Tidy disposal would require millions of gallons of water to cool and wet down the residue from a commercial-size shale operation—a serious problem in the arid West. A possible solution: process the rock within the mine, leaving the spent shale underground. But there's technology still to be worked out on this.

A commercial-size plant to process 100,000 barrels a day of shale oil would cost up to \$2 billion. With that price of admission, companies can't risk building such plants until there's a good prospect of shale oil competing successfully with conventional oil.



"IF YOU WANT THE GAS, YOU GOTTA TAKE THE ROCKS"

What's needed? Oil companies, including Mobil, have already spent large sums over the years on shale research. To speed up the process of making shale oil economic, the government, owner of four-fifths of the shale reserves, could provide incentives. It could share the costs of financing large-scale demonstration plants with private industry, so that if and when shale oil becomes economic—in a decade or so from now—companies will have the know-how for commercial production.

Meanwhile, there are several feasible ways to lessen America's risky dependence on foreign oil, which is costing our country more than \$25 billion a year. America can use more coal and nuclear power. It can reduce energy waste. And it can step up the search for conventional oil and gas here in the U.S., especially offshore. Which brings up a point we've been stressing: now is no time to be weakening America's oil industry by breaking up the larger, more efficient companies, as some politicians have been proposing.

Mobil

Observations, Box A, Mobil Oil Corporation, 150 East 42 Street, New York, N. Y. 10017

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People Quiz

By John E. Gibson

Is Character Skin-Deep, Too?



True or False? Whether a feather drawn lightly across your skin produces a tickle or an itch can tell a lot about your personality. (See No. 4)

TRUE OR FALSE?

1. The more "thin skinned" you are *psychologically*, the more likely you are to have real skin troubles.
2. If your skin itches at the slightest provocation—and many people's skin does—this indicates specific personality tendencies.
3. Tattoos on a person's skin indicate a low tolerance for frustration.
4. Whether a feather drawn lightly across your skin produces a tickle or an itch can tell a lot about your personality.
5. Just by tickling the surface of the skin very lightly, you can trigger a wide variety of interesting—and often provocative—dreams.
6. Makeup may make a woman look more attractive, but it cannot change the way she sees herself.

ANSWERS

1. *True.* Studies show that the more sensitive you are to real or fancied slights, the more likely you are to experience skin troubles. As one researcher notes, many skin conditions may be caused or aggravated by emotional problems alone. And the skin is "an excellent organ to portray both conscious and unconscious traumas and conflicts."
2. *True.* Dermatological studies at two leading universities have shown that people who "itch easily" tend to be chronic worriers, to make high scores on anxiety tests and to be subject to a great deal of suppressed hostility. It's suggested that habitually repressed anger and aggression seek physical expression through the skin. And, as studies at the University of Queensland (Australia) have shown, this tends to go hand in hand with a "conditioned

scratch response," which causes the person to scratch aggressively at the slightest sign of skin discomfort.

3. *True.* Psychological studies show that, in general, people who have their skin tattooed tend to be impulsive, given to acting on the spur of the moment, and resentful of any infringement on their liberties or freedom of movement. Because they are disposed toward resolving problems by action, their impatience often spurs them to clear seemingly impossible hurdles; but they also frequently land in unfortunate situations when their judgment is amiss.
4. *True.* Clinical observations by a team of specialists dealing with the psychodynamics of skin sensations have shown that people with certain personality characteristics react in specific ways when their skin is lightly stroked. Subjects who experience a tickle response are better balanced emotionally than those who report an itching sensation. Those who feel an itching sensation tend to be tense, anxious individuals who find it difficult to relax.
5. *True.* Studies show that a fantastic variety of dreams can be triggered in this manner. The subconscious mind has no way of knowing just what has taken place, so it devises bizarre and fanciful explanations to rationalize the odd physical sensations.

6. *False.* A University of California study was made "to determine the possible effects of cosmetics on the self-concept of college girls with facial blemishes." A standard personality test was given to all subjects, who then received weekly instruction in the correct and most effective use of cosmetics. After several weeks, the personality test was again administered. Results: there was a significant improvement in the way each girl perceived herself—a heightening of morale and general self-confidence, and a marked lessening of apprehensiveness, self-consciousness, depression, dejection and general feelings of inadequacy.



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Unlike every other weight-loss method that has failed you in the past, the COUNTDOWN once-a-day capsule and reducing program works in a completely different way. Not by pitting your will-power against some "inhuman crash diet". Not by wracking your body with torturous exercise. And most certainly not by the use of high-powered "speed" drugs that leave your nerves shattered and shot.

Doctor's New All-Day Triple-Action FAT-MELTER PROGRAM Works All Day To:

1. Transform fat into fluid and flush it right out of your system.
2. Attack the basic cause of overweight — overeating — and convert the food you do eat into burned up energy instead of into fat.
3. Break down those bulges of flab as you lose weight from your entire body . . . that up to now seemed impossible to budge . . . and force them to be consumed — oxidized — by your own body chemistry — without ravenous hunger — thanks to this thrilling new ALL DAY TIME-RELEASE FAT-FIGHTER PROGRAM.

COUNTDOWN with Mira-thene-12

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we urge you to show this entire program to your own family physician and see if he doesn't agree that this is a medically sound approach to the problem of obesity.



Instead, this NEW TOTAL APPROACH TO TOTAL SLIMNESS actually helps shrink the fat cells in your body ALL 24 HOURS A DAY . . . even while you sleep. Yes, literally burns and oxidizes those bulging pockets of flab as you lose weight — all over your body — as it melts down into liquid that your body flushes away daily, in a completely natural, gentle manner.

And it's all so easy with this wondrous ALL-DAY CAPSULE that helps set the stage for the fat-burning process to be triggered into action.

A DOCTOR EXPLAINS...

No matter how many fad and crash diets you've run through in the past . . . there is only one effective weight-loss method known to medical science. It is simply this: in order to burn off fat there are 2 things you must do.

1. You must decelerate the rate of calorie intake. 2. You must step up your body's rate of fat burn-off just like you step up a furnace, so that you actually convert the food you do eat into burned-up energy instead of into piled-up fat.

And this is precisely why COUNTDOWN is so effective. Because the moment you launch yourself on this doctor's "Lifetime Slimness" program, here's what happens in your body:

1. Gnawing hunger pangs disappear as tiny grains of the most powerful reducing aid ever released for public use without a prescription are gradually released into your system to constantly calm your appetite and help you decelerate your body's caloric intake.
2. The food you do eat on this doctor's fully satisfying eating program instead of being stored up as fat, is now converted into a source of energy that your body burns away.
3. And even though you may lose as much as 20, 30, 50 pounds OR MORE . . . you never miss a meal . . . never deny yourself sensible snacks and desserts . . . never for a single moment starve yourself the very least bit.

NOW! ALL THE ECSTASY OF SLIMNESS WITHOUT THE AGONY OF HUNGER!

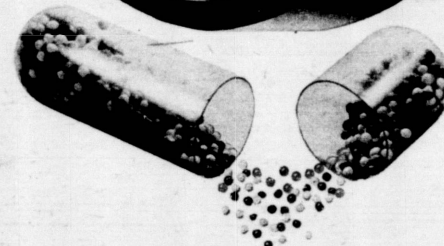
That's because with the COUNTDOWN no-hunger way to slimness, you arm yourself with the most modern and effective way to weight control known to medical science: This medical doctor's all-out assault and VICTORY OVER FAT BUILD-UP . . . due to excess calorie intake and lack of fast calorie burn-off (the basic cause of overweight). The COUNTDOWN once-a-day, continuous action, time-release capsule and program works all the time . . . all day . . . Transforms your body fat into "flush-away liquids" . . . it is by far the easiest, most pleasant way to achieve that slim, trim body of your dreams.

WORKS SO FAST YOU START TO GROW SLIM IN JUST DAYS — IN FACT, EVEN WHILE YOU SLEEP!

Best of all, not once are you asked to pit your hunger against a cast-iron willpower. All you are asked to do is simply this: Take one of these new ALL-DAY time-release capsules each morning . . . then following the doctor's satisfying eating program and his simple nightly bedtime toneups (that are actually fun to do), you literally eat your way to slimness as you shed pounds and inches like never before.

Naturally, you can't expect to gorge and stuff yourself silly on all sorts of over-rich, high-fat foods . . . and in unlimited quantities. BUT — and this is the whole key to success — if you will simply replace all those zany, half-baked fad diets of the past with this high-powered ALL-DAY capsule and this doctor's sane, satisfying eating program . . . YOU without gnawing hunger . . . YOU without grueling exercise can lose up to 10 — 20 — 30 — even 50 pounds OR MORE thanks to the latest, most effective doctor-developed ONCE-A-DAY reducing program in AMERICA . . . COUNTDOWN with Mira-thene-12.

SEE DRAMATIC RESULTS IN JUST 72 HOURS... OR IT COSTS YOU NOTHING!



JUST ONE CAPSULE A DAY HELPS YOU DISSOLVE FAT AWAY as this doctor's 3-way action program

- breaks down bulging pockets of fat while it burns away fatty tissues from your entire body
- shrinks your body's fat cells
- turns fat into liquid that your body drains away

Yes, you step up fat burn-off as you decelerate calorie intake . . . meaning pounds and inches melt away starting in just days!

So effective you'll lose up to 6 pounds of fat and fluid the very first 72 hours!

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GUARANTEE

You must lose up to 10, 20, 30, 40 — even 50 pounds, or it costs you not a single penny on this special no-risk trial offer. In fact, if you are unsatisfied for any reason simply return the bottle cap only for a full refund of your purchase price with no questions asked. Can anything possibly be more fair?



COUNTDOWN, Dept. JWJ-50
416A Fox Pavilion, Jenkintown, PA 19046

Yes, I want to lose weight with this doctor's thrilling once-a-day time release capsule and reducing program. Rush me, on full money-back guarantee, the COUNTDOWN I have checked below.

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☐ 42 day supply . . . only \$9.95 (plus 50¢ postage & handling). You save \$2.00
☐ 63 day supply . . . only \$13.95 (plus 50¢ postage & handling). You save \$4.00
 Total amount enclosed \$_____ (Penn. residents add 6% sales tax).
 Check or money order, no CODs please.

Name _____
 Address _____ Apt. # _____
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and menthol I enjoy. That's all I have
to remember to enjoy smoking.

Salem Longs.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.



Great Camping Recipes With Old West Heartiness

Whether you're for roughing it, traveling in a camper or just keeping cool at home, you'll love these hearty, easy recipes updated from the American frontier.

CHUCK WAGON FAVORITE STEW

- 3½ lbs. boneless chuck roast
(2½-3 inches thick)
- 2 tablespoons vegetable shortening
or vegetable oil
- 1 can (10¾ ozs.) condensed cream
of mushroom soup
- 1 can (10¾ ozs.) condensed cream
of onion soup
- ½ cup water
- ¼ teaspoon ground black pepper
- 2 tablespoons prepared white
horseradish
- 6 medium potatoes, peeled and cut
in half (about 2 lbs.)
- 2 cups carrots, peeled and cut
diagonally in 2-inch pieces

1. Cut meat across grain into 8 slices.
2. In a large, heavy pan, brown meat in shortening over medium-high heat. Pour off fat.
3. Stir in soups, water, pepper and horseradish. Heat to boiling, cover and cook over low heat for 45 minutes.
4. Add potatoes and carrots. Stirring often, cook for 45 minutes more or until done.

Makes 8 servings

Frontiersman Charles Goodnight is given credit for transforming the first army wagon into a chuck wagon in 1850.

SKILLET PINTOS

- 1 can (8 ozs.) sliced peaches
- 1 can (12 ozs.) luncheon meat,
cut in 8 slices
- ½ cup chopped onion
- 2 tablespoons butter or margarine
- 2 cans (16-oz. size) pinto beans
in tomato sauce

1. Drain peaches, reserving 2 tablespoons liquid. In skillet, brown luncheon meat and cook onion in butter until tender.
2. Stir in beans, peaches and reserved peach liquid. Heat, stirring often. (Variation: Add ½ teaspoon chili powder.)

Makes 4 servings

A cowboy cook earned his pay. He rustled up food three times a day for 20 to 30 hungry cowhands, who expected plenty of beans and fried beef.

Continued



"Come and get it!"—in this case, Skillet Pintos, Basque Soup, Pan Biscuits, Chuck Wagon Favorite Stew and gravy.

Summer Camping Cookbook

Continued

BASQUE SOUP

- 1 cup chopped green pepper
- 1 cup chopped onion
- 1 teaspoon paprika
- 3 tablespoons butter or margarine
- 2 cans (10½-oz. size) condensed chicken broth
- 2 cans (11-oz. size) condensed tomato bisque soup
- 2 cans (16-oz. size) chick peas, drained
- 8 ozs. sliced hard salami, slivered

1. In 3-qt. saucepan, cook green pepper and onion with paprika in butter until tender.
2. Add all remaining ingredients. Heat to boiling, cover, reduce heat and simmer for 15 minutes. *Makes 6 servings*

Basque immigrants keep herds of sheep in Idaho as they have done for hundreds of years in the Spanish Pyrenees. This tomato-based soup with chick peas and sausage is reminiscent of the Old Country dish, Potaje de Titos.

PAN BISCUITS

- ½ cup milk
 - 2 tablespoons vegetable oil
 - 1 tablespoon vinegar
 - ½ teaspoon onion salt
 - 1½ cups biscuit mix
 - ½ cup corn meal
 - 2 tablespoons vegetable shortening or vegetable oil
1. In measuring cup, combine milk, oil, vinegar and onion salt.



Morning call brings mugs of steaming Golden Spike Sipper, Johnny Cakes with butter and syrup and, of course, coffee.

2. In bowl, mix biscuit mix and corn meal. Stir in milk mixture with fork.
3. Form dough into a ball. Turn dough out onto a floured board and knead it about 10 times.
4. Shape into 18 smooth balls about 1½ inches in diameter; flatten with palm of hand to about ¼-inch thickness.
5. In skillet, melt shortening over medium-low heat; add biscuits. Cook until lightly browned on both sides and cooked through. Use more shortening if necessary. *Makes 18 biscuits*

Cowboys used to stab pan biscuits with their pocket knives to lift them from the skillet and saturate them with beef gravy.

JOHNNY CAKES

- 6 slices bacon
 - 1 pkg. (8½-12 ozs.) corn muffin mix
 - 1 cup milk
 - 1 egg
 - Syrup or applesauce
 - Butter or margarine
1. In skillet, cook bacon until crisp; remove and crumble. Reserve 2 tablespoons drippings.
2. In bowl, combine corn muffin mix, milk, egg, crumbled bacon and reserved drippings.
3. Blend until dry ingredients are thoroughly moistened. (Batter will be slightly lumpy.)
4. Pour about ¼ cup batter for each pancake on hot, lightly greased griddle or skillet.
5. Turn when bubbles appear on pancake and edges look

cooked. Cook on second side until golden. Use more shortening if necessary. Serve with syrup and butter. *Makes 12 pancakes*

These were the flat corn meal cakes of the moving frontier. Originally called Shawnee Cakes, after the Indians who first made them, the name over the years was changed to Johnny Cakes.

GOLDEN SPIKE SIPPER

- 1 can (24 ozs.) cocktail vegetable juice
 - 2 cups apple cider
 - Lemon slices, optional
1. Combine ingredients in 2-qt. saucepan and heat to boiling.

Pour into mugs and garnish with lemon slices, if desired.

2. To make the chilled version, chill juices and combine, garnishing as above.

Makes 4 to 6 servings

On May 10, 1869, the golden spike was driven into railroad ties in the Utah desert to join the Union and Central Pacific Railroads. Here's a zesty tomato drink with a golden spike: apple cider.

MOUNTAIN HOME POTATO SLICES

- 4 Idaho russet potatoes
- ¼ cup butter or margarine, melted
- 1 tablespoon grated onion
- 1 teaspoon salt
- ½ teaspoon ground black pepper

1. Scrub potatoes and cut lengthwise into ½-inch slices (do not pare). Place in single layer on greased baking sheet.
2. In small skillet, mix butter, onion, salt and pepper; brush mixture over potato slices.

3. Cover with foil; and bake in preheated 425°F. oven for 35 to 40 minutes, until potatoes are tender when pierced with a fork.

4. For a variation, make Puffed Potatoes: In small bowl beat one egg white until stiff. Gently

Continued



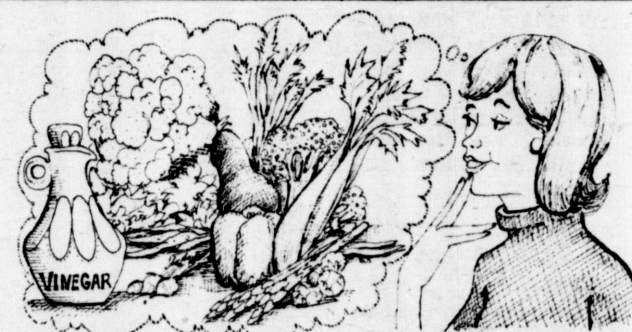
EGGS 'N' TATER SKILLET

Heat 3 tablespoons **butter or margarine** in skillet, add 4 medium **potatoes**, peeled and diced. Cook, stirring, 5 minutes until potatoes are tender. Stir in ¼ teaspoon **ground black pepper**, ½ teaspoon **salt**, 1 can (8 ozs.) **peas**, undrained, 1 can (10½ ozs.) **cream of shrimp or cream of chicken soup**; heat to boiling. Reduce heat; drop 4 uncooked **eggs** on top of mixture. Cover and cook 3 to 5 minutes, or until eggs are cooked as you like. *Makes 4 servings*

The Diet Watch

Best Vegetables for Snacking

Many a hungry dieter is plagued by stomach cramps. In California, diet specialist Dr. Clara Younger solves these problems by allowing her dieting patients to eat all the vegetables they want as long as they stick to the 3-percent and 6-percent carbohydrate vegetables, and have regular meals with at least a normal portion of lean protein per meal (such as meat, poultry, fish, cottage cheese). **The chewiest acceptable raw vegetables at 3 percent and 6 percent are cabbage, radishes, greens, celery, green peppers, cauliflower buds and green beans (raw green beans**



are delicious dipped in cider vinegar). Anyone who can't eat vegetables raw can eat them cooked. **Some good 3-percent and 6-percent cooked vegetables are eggplant, spinach, summer and winter squash, broccoli, asparagus.** A believer in a comfortably relaxed way to lose weight, Dr. Younger says, "The kind of food chosen is the key to com-

fortable weight losing." With such "comfortable" dieting, the dieter is less tempted by "high calorie and junk foods that not only add pounds but also form plaque on the teeth. These foods also are stimulants to cholesterol and to insulin effects on fat cells and general hardening of the arteries." So, keep your *comfort quotient* high!

—By Harriet La Barre

To refresh 2 salad favorites, start fresh with Real Mayonnaise.



Hearty Potato Salad

Thank goodness for Hellmann's®.

Add a fresh touch to coleslaw and potato salad with Hellmann's Real Mayonnaise. No other mayonnaise freshens up salads better than Hellmann's, the really fresh Real Mayonnaise.

BASIC POTATO SALAD

- 3/4 cup finely chopped onion
- 1/4 cup lemon juice
- 1 tablespoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 4 pounds potatoes, boiled in jackets, peeled and cubed
- 1-1/2 cups chopped celery
- 1/2 cup chopped green pepper
- 2 cups HELLMANN'S® Real Mayonnaise

Stir together first 5 ingredients. Toss with hot potatoes to coat evenly. Cover and refrigerate about 1 hour. Stir in remaining ingredients. Chill. Makes 10 cups.

Hearty Potato Salad: To basic recipe add 2 cups cooked, cubed ham and 1 cup cubed Cheddar cheese.

Confetti Potato Salad: To basic recipe add 1 cup each chopped zucchini, cucumber, radish and carrot.

BASIC COLESLAW

- 4 cups shredded red or green cabbage
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion
- 1/2 cup HELLMANN'S Real Mayonnaise
- 1/2 teaspoon fennel seed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Toss together all ingredients. Before serving, stir in 1 cup chopped tomato or apple, if desired. Makes 4 cups.

Coleslaw Hawaiian: Follow basic recipe omitting green pepper and fennel. Reduce onion to 2 tablespoons and salt to 1/4 teaspoon. Add 1 cup shredded carrot, 1/2 cup pineapple chunks and 1/2 teaspoon caraway seed. Garnish with nuts.

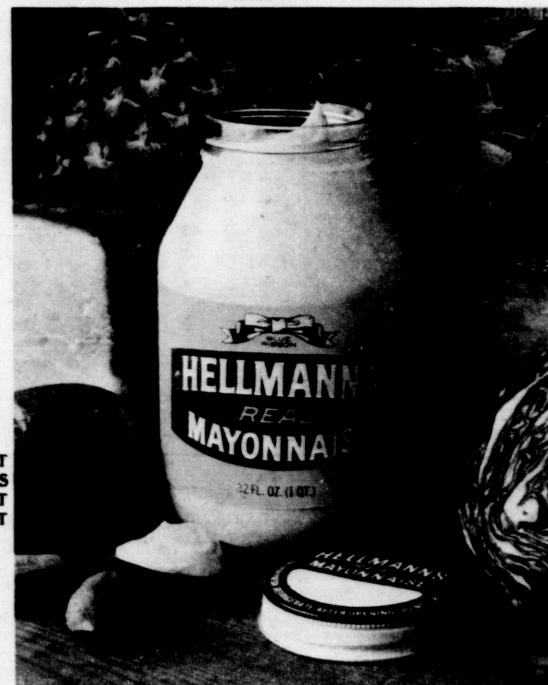
Oriental Coleslaw: Follow basic recipe omitting fennel. Reduce cabbage to 3 cups and Real Mayonnaise to 1/3 cup. Add 1 can (7 oz) tuna, drained or 1 cup diced cooked chicken, 1 cup bean sprouts, 1 tablespoon soy sauce and 1/8 teaspoon ground ginger.

Best Foods, a Division of CPC International Inc. **cpc**®
International



Coleslaw Hawaiian

BRING OUT
THE HELLMANN'S
AND BRING OUT
THE BEST



Summer Camping Cookbook

Continued

stir in $\frac{1}{4}$ cup mayonnaise, 1 tablespoon prepared white horseradish, $\frac{1}{4}$ teaspoon grated onion, 1 teaspoon salt and $\frac{1}{4}$ teaspoon paprika. Spoon mixture on top of each baked potato slice. Return potatoes to oven and bake for 3 to 5 minutes, or until topping puffs up and is golden brown.

Makes 4 to 6 servings



Slice potatoes lengthwise to enjoy a new potato dish baked and topped in Idaho settler style.

When the homesteaders arrived in Idaho, they had to make do with what they had brought (very little) and what they could grow! The soil there proved to be ideal for growing potatoes, and one of the homesteaders' best inventions was Mountain Home Potato Slices, named for an Idaho town settled in 1884.

BYRD'S STEW

2 lbs. chicken parts
2 tablespoons vegetable oil or vegetable shortening
1 can (11 ozs.) condensed cheddar cheese soup
1 can (10 ozs.) chicken gravy
2 teaspoons instant minced onion
2 cans (16-oz. size) yams, drained
1 can (16 ozs.) whole green beans, drained

1. In a large, heavy pan, brown chicken in shortening; pour off fat.
2. Stir in soup, gravy and onion. Cover and, stirring often, cook over low heat for 45 minutes, or until tender. Add vegetables and heat until boiling for 5 minutes. Makes 6 servings

William Byrd was a backwoodsman of the Carolina-Virginia border in 1728. A kettle was his basic cooking tool. He would

APPLE SLUMP

6 cups sliced, tart apples (about 6)
 $\frac{1}{2}$ cup raisins
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
2 tablespoons lemon juice
1 teaspoon ground cinnamon
1 cup biscuit mix
 $\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup dry, roasted peanuts, optional
 $1\frac{1}{2}$ cups heavy cream or milk, or small jar hard sauce

1. In large skillet, combine apples, raisins, sugar, water, lemon juice and cinnamon. Heat to boiling.
2. Combine biscuit mix and

milk. Drop 6 spoonfuls onto the apple mixture. Reduce heat.
3. Cook uncovered for about 10 minutes. Add peanuts if desired. Cook for 10 minutes longer, or until biscuits are cooked through. Serve with cream, milk or hard sauce.

Makes 6 servings

A gold-rush diary of 1849 tells us that a favorite dessert in those days was a type of pie made with dried apples.



Step up to a bowl brimful of Tomato Corn Chowder, and then settle back around the fire with a portion of Apple Slump.

TOMATO CORN CHOWDER

1 can (16 ozs.) whole kernel corn
1 lb. ground beef
2 cups sliced onion
2 cans (10 $\frac{1}{4}$ -oz. size) condensed tomato soup
2 soup cans water
1 tablespoon vinegar
1 teaspoon oregano leaves, crushed
 $\frac{1}{2}$ teaspoon garlic salt

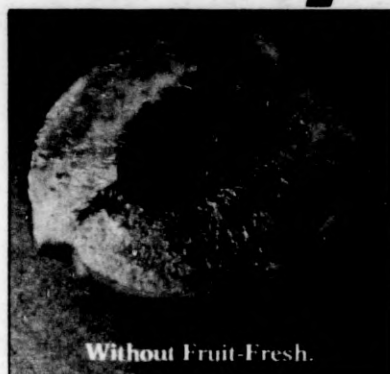
1. Drain corn, reserving $\frac{1}{4}$ cup liquid.
2. In 3-qt. saucepan, brown beef and cook onion until tender (use shortening if necessary); stir to separate meat. Pour off fat.
3. Add reserved corn liquid and remaining ingredients. Heat; stir often. Makes 4 to 6 servings

Corn probably played the biggest role in every frontier from the 13 Colonies to the Rockies. Here's a corn chowder to appease the hungriest "frontiersman or woman"!

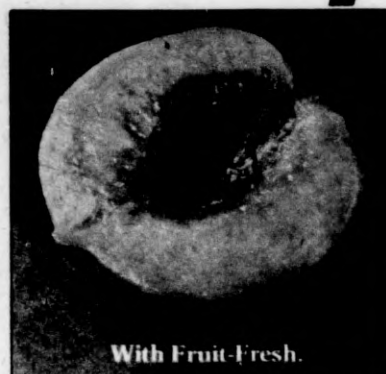


Settlers of the great Northwest found plentiful supplies of fish in the mountain streams, and chowder was then—as it is today—always a welcome meal.

Yukky. Yummy.



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With Fruit-Fresh.

Peaches preserved in ordinary canning syrup for 12 hours.

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If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.

Keeps fruit looking
and tasting fresher.



Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Dept. FF475, Box 1467, Pittsburgh, Pa. 15230.

toss several kinds of game into a pot with wild vegetables and make them into a stew.

FISH CHOWDER

2 cans (10-oz. size) chunky vegetable soup

1 can (6 ozs.) tomato juice
1 small bay leaf
Generous dash ground black pepper
1 lb. fillet of sole, cod or haddock, cut in 2-inch pieces (or 1 pkg. [12 ozs.] frozen fish fillets)
Crusty French or Italian bread
1. In 3-qt. saucepan, combine

soup, juice, bay leaf, pepper and fish. Heat to boiling; reduce heat, cover and cook for 10 minutes or until done. Stir gently now and then.
2. Remove bay leaf. Serve in deep soup bowls with French bread. Makes 4 hearty servings

LADIES' GOLDEN PROMISE SIMULATED Diamond Ring



Imagine it! Now you can own this Golden Promise Ring for only \$5. That's right! Just \$5 buys this lovely pseudo copy of a ladies' 14 karat ring worth over \$750.00. Our ring has over 100 points of Krystagems—the famous, man-made stones that rival the beauty of nature-made diamonds! Yet it is so cleverly crafted that *virtually* no one can tell the stones apart from costly diamonds!

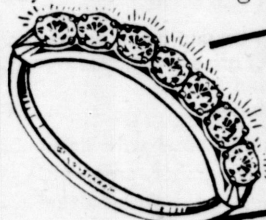
HAS 5 KRYSTAGEMS

Yes! Five sparkling Krystagems grace this beautiful ring — one large centre stone — flanked by 2 smaller stones on each side. Each Krystagem is *diamond-cut!* Each one has scores of radiant facets that catch and diffuse the light rays—even in moonlight.



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Created by a *Master Jewelry Artist*, this design has been a favorite of America's belles for over 25 years. *Study the picture.* Note how the large, center stone commands attention with its glimmering facets! See and feel the satiny finish of the natural, yellow goldtone. **BONUS FEATURE:** Each ring has a clever *built-in* sizer. This ring invention is guaranteed to fit any lady's finger to perfection! A truly amazing value for a \$5 bill! Now there's a pleasant *gift surprise* too, when you order our Golden Promise Ring. Read details below:



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beat this offer? **ALSO GIVEN:** a very beautiful Jewel Case, made with 2 inserts to hold and protect *both* rings when you are not wearing them. What a great gift this makes for *Someone Special!* And it all costs less than a small bottle of perfume! This **SPECIAL 2 for ONE OFFER** can't last forever! You must be *prompt!* Please rush the coupon for prompt delivery by *return mail!* ©1976 by:

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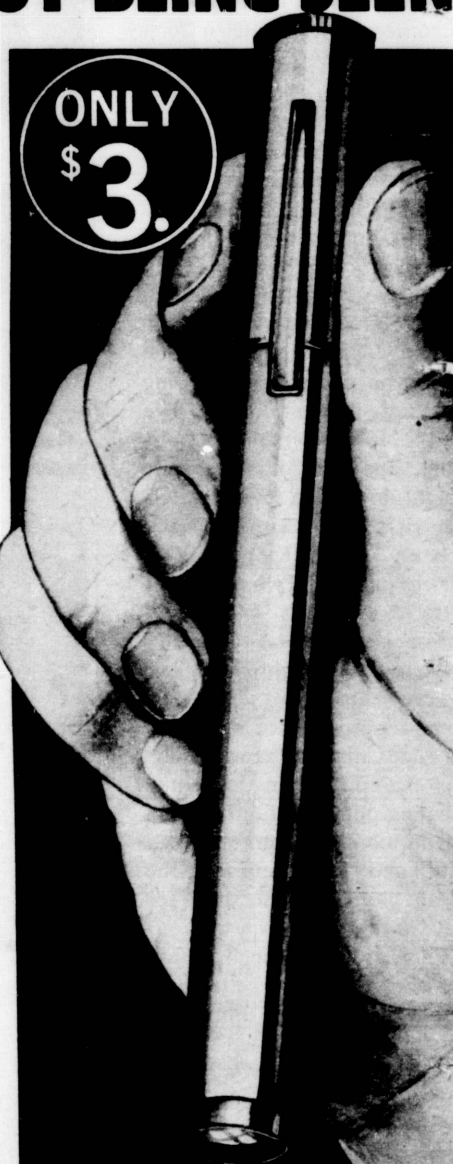
After it arrives, use **PYGMY Spy Scope** for 30 full days. *Without risk! Without any obligation!* Enjoy spectacular views of mountains and valleys... forests and animals running wild. Add more fun to your sports. Check prowlers or suspicious persons, farm or ranch workers. Then... for the *ultimate* thrill aim this **PYGMY** at the full moon and let your imagination soar!

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☐ Send **THREE*** for only \$7.50 plus 50¢ postage & handling (Save \$1.30)

☐ **FLORIDIANS:** Add 4% State Sales Tax

***NOTICE:** This offer **limited**. No more than 3 telescopes sent to one address at this low price.

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A Celebrity Cooks

It's Dinah!

And Here's Her Favorite Chicken Recipe

By Dinah Shore

In conversation with Helen Dorsey

I've been an enthusiastic recipe collector for as long as I can remember. It's satisfying to cook because I can see things happening immediately. I get to taste it and smell it right now!

Anyone who enjoys eating good food can be a great cook. In fact, I don't know any good cook who doesn't enjoy trying new taste treats. Luckily, I've been able to contain an enormous appetite and keep my weight down to a level that lets me slip into clingy jersey dresses. I never let my weight get out of hand. Two pounds of extra avoirdupois and I cut down immediately. When I want to lose weight, I eat less of everything so I don't feel sorry for myself for having to cut out anything completely. For example, when the family is eating potatoes, I only take a small spoonful. I drink skimmed milk, and I only pick at the pecan pie. No crash diets for me!

Entertaining is fun. I always feel everyone has a better time if they can dress informally in comfortable attire. That's probably because of my California conditioning. I'm a tennis buff and I love to have after-tennis buffets on the weekends, featuring several main dishes—a favorite is my Chicken Bake—salads and a selection of desserts. (Dinah is star of the daily CBS-TV show, "Dinah!")

DINAH'S CHICKEN BAKE

2 broiler-fryer chickens, cut up
2 teaspoons salt
2 teaspoons paprika
Freshly ground black pepper
1 stick butter or margarine
2 teaspoons cornstarch or flour
2 tablespoons water
½ cup white wine or chicken broth

1. Sprinkle chicken liberally with salt, paprika and pepper. Arrange chicken in a single layer on a baking sheet, lined with aluminum foil.
2. Dot with half the butter or



Dinah's buffet specialty: Chicken Bake

margarine. Cover with aluminum foil. Bake in preheated 400° F. oven for 20 minutes. Remove foil and turn pieces over.

3. Dot chicken with remaining butter or margarine and bake for 30 minutes longer, or until chicken is fork-tender. Remove chicken to serving platter.

4. Dissolve cornstarch or flour in 2 tablespoons water; add wine and gradually add to pan drippings. Stirring constantly over low heat, cook sauce until it thickens.

5. Pour over chicken or serve in a sauceboat on the side. Terrific over cooked rice or biscuits!

Makes 6 to 8 servings

SALAD ITALIANO

1 small clove garlic, halved
½ peeled cucumber, thinly sliced
1 green pepper, cut in wide strips
1 small can artichoke hearts, drained and cut in quarters
1 small can garbanzo beans, drained
4 radishes, thinly sliced
1 small ripe tomato, peeled and thinly sliced
1 cup French dressing (recipe below)
1 small head lettuce, washed and crisped
1 small red sweet onion, peeled and cut in thin rings
4 slices Italian salami, thinly sliced
3 large fresh mushrooms chopped, optional
Salt
Freshly ground black pepper
Pinch of dried tarragon leaves, crumbled
½ fresh lemon

1. Rub salad bowl with garlic. Marinate cucumber, green pepper, artichoke hearts, beans, radishes and tomato in salad bowl with ½ cup French dressing. Cover with plastic wrap and chill for several hours.

2. Just before serving, add lettuce, onion, salami and mushrooms. Sprinkle with salt, pepper, tarragon and remaining salad dressing.

3. Toss; sprinkle with lemon juice. Makes 6 to 8 servings

French Dressing

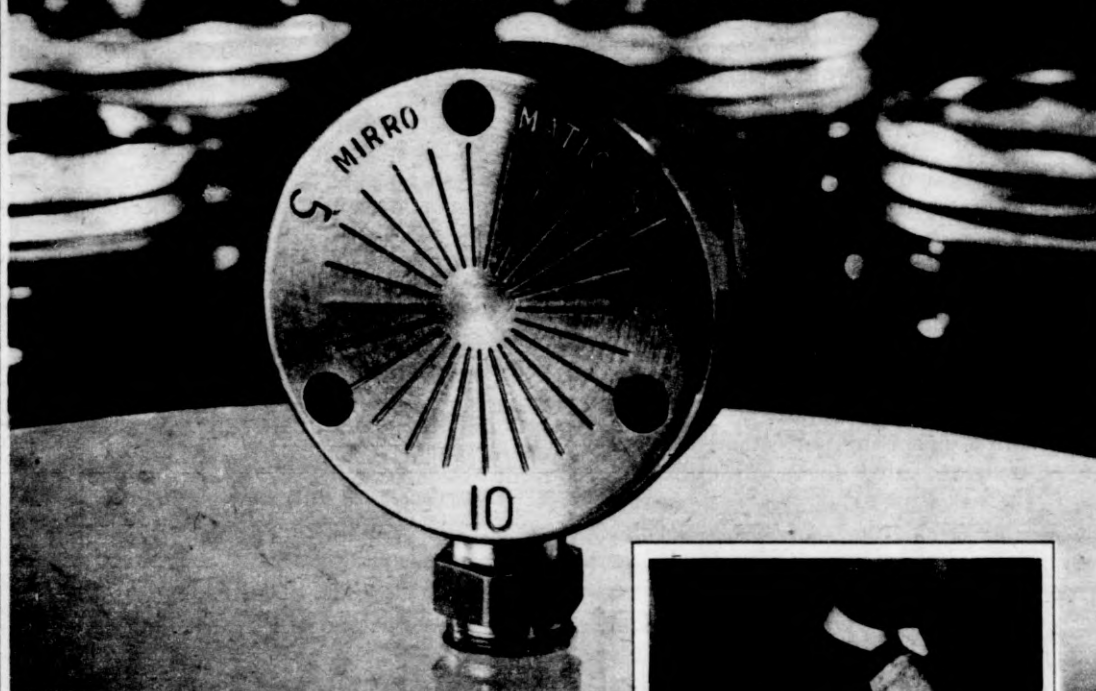
¾ cup salad oil
¼ cup vinegar
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ teaspoon sugar
½ tablespoon grated onion
Few drops pressed garlic

1. Combine all the ingredients in a wide-mouthed, screw-top jar and shake well before serving.

2. Store in a cool place.

Makes 1 cup

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Even if the cigarette tested had 60% more tar than MERIT, a significant majority of all smokers reported new 'Enriched Flavor' MERIT delivered more taste.

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In similar tests against 11 mg. to 15 mg. menthol brands, 9 mg. tar MERIT MENTHOL performed strongly too, delivering as much—or more—taste than the higher tar brands tested.

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*American Institute of Consumer Opinion. Study available free on request. Philip Morris Inc., Richmond, VA 23261.
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9 Easy Ways to Be the Most Snobbish Cook In Town



In this era of blue jeans, clothes may not make the man, but the food he serves gives away his status. Take party snacks, for instance. Dip and potato chips mark a host as hopelessly passé; macadamia nuts and marinated mushrooms merely seem adequate; but peanuts in the shell and black olives steeped in oil make the hostess appear smart and knowing.

Like any other game, cuisine-climbing has both offensive and defensive phases. **The Defensive Phase** requires that you actually cook sometimes. Here are some basic ploys:

1. Seek out strange dishes. Don't trot out tired old *boeuf bourguignon* when you can turn the same hunk of chuck into *rendang daging*. Besides searing the palate, this curry-flavored Malaysian stew is so unusual it will rob your guests of a standard of comparison.

2. Offer far-out information. There's no sense slaving in the kitchen for hours, and then offering your masterpiece without fanfare. Instead, wind into a discourse: "This *waterzooi* was Charlemagne's favorite dish when it was made with fish. Hence the name. Centuries later, when the runoff from the Flemish linen mills killed the fish in the rivers, the resourceful Belgians converted to chicken." Keep the talk short to avoid yawns.

3. Dig out old family recipes. Fish Grandmother's cookbook out of the attic, then read it. You may not adore Grandmother's way of boiling green beans for two hours, but she may have contrived a nifty poultry stuffing. Even if you invent the dish yourself, credit Grandma. Grandmas carry a lot of gastronomic weight, especially if they were clever enough to be born overseas.

4. Serve old wine in new bottles. Plain old ham? How square! But the same old ham baked in pie dough becomes an elegant *jambon en crouste*!

By Carol Schwalberg

Offensive Cuisine-Climbing allows you to win points without actually cooking anything. To wit:

1. Buy foreign cookbooks in the original tongue. Julia Child may be achingly authentic, but what looks better than "Larousse Gastronomique" in French? And as for snob appeal, no one reading the formula for *gulyas* in Magyar would ever guess that it's just Hungarian goulash.

2. Frequent offbeat shops. Buy coffee in the bean. Pick up paté at a foreign-food delicatessen. Seek out blue corn tortillas in the East, white veal in the West. Then display your finds. Prominently.

3. Sink money in spices. Ransack the market for seasonings, then line them up on the counter. Grow your own herbs, especially in little pots near the sink. The master stroke? Hanging up bundles of herbs to dry. No out-of-the-way corners, please.

4. Invest in props. Set a copper tea kettle on the stove. Hang a fish steamer over the cookbooks. Put a mortar and pestle in plain view. All show you live high on the gourmet hog.

5. Prove that you suffer. Be sure to hide the electric blender (even if you do use it), but show off that wooden potato masher and sieve. Deck the kitchen with a garlic press, French whip and scallopini pounders. Remember the slogan: difficult does it!



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When this deluxe improved **CONVERTAMATIC** arrives, connect and plug it into the nearest outlet. That's all! It's ready to operate instantly. This new, improved model is **perfectly safe**. The plug has a built-in **NEUTRALIZER** that blocks out electric current. The **CONVERTAMATIC** is attached **outside** of the set. **You just can't get a shock!**

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TRY THIS NEW MODEL WITHOUT RISKING A PENNY!

Why let an old, defective antenna spoil your TV fun? Send only 2.88 plus 62¢ shipping costs. When **CONVERTAMATIC** arrives, connect it. Then get ready for a thrilling surprise! Suddenly the fade-outs, streaking, and ghosts are gone—replaced by gloriously beautiful, black and white or full color pictures! Even the sound is better, clearer, freer from annoying static! And no more dangerous outdoor antennas . . . no more expensive service calls.

Enjoy this new, improved model at our risk for 30 days. It must make a world of difference—give you wonderful new reception and TV enjoyment. If not, return it and get your money back! **AVOID CHEAP IMITATIONS.** Get this guaranteed, high-quality product by return mail. Rush handy coupon.

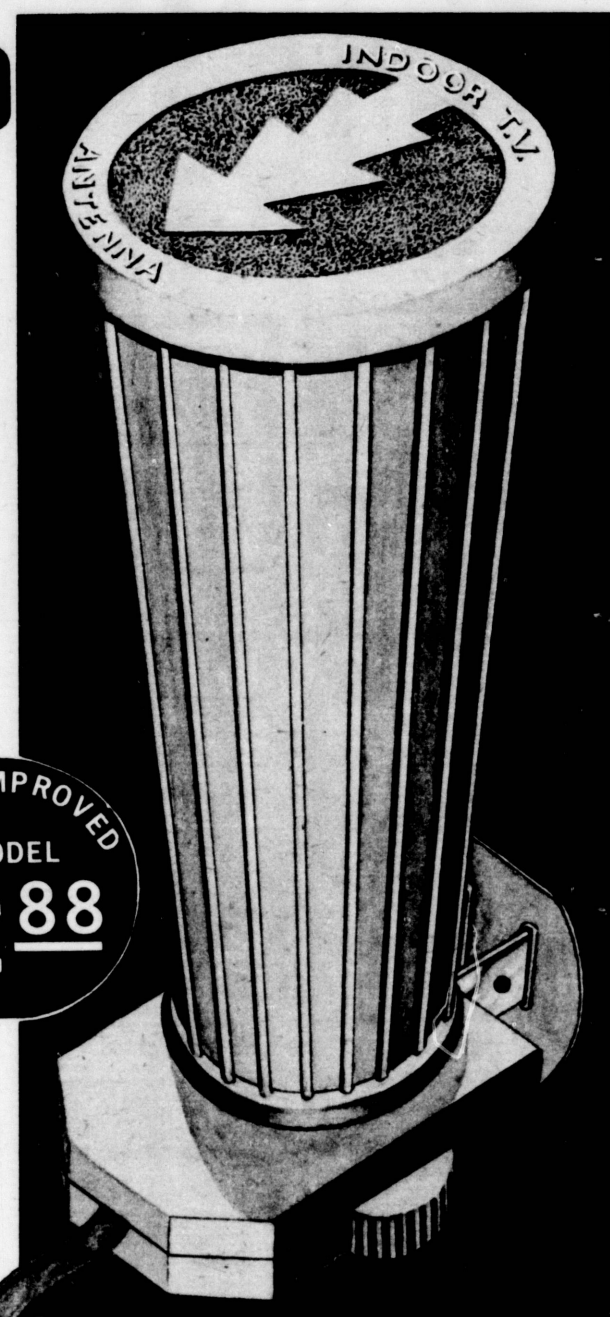
CONVERTAMATIC (Div. 1237)

2425 Colee Sta., Ft. Lauderdale, FL 33303

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For best results, use ONE Convertamatic Antenna with each TV or FM Radio. It is not necessary to remove your old TV roof antenna.

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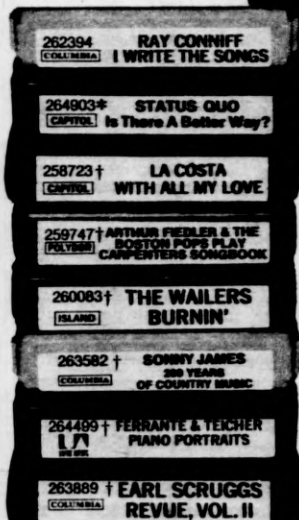
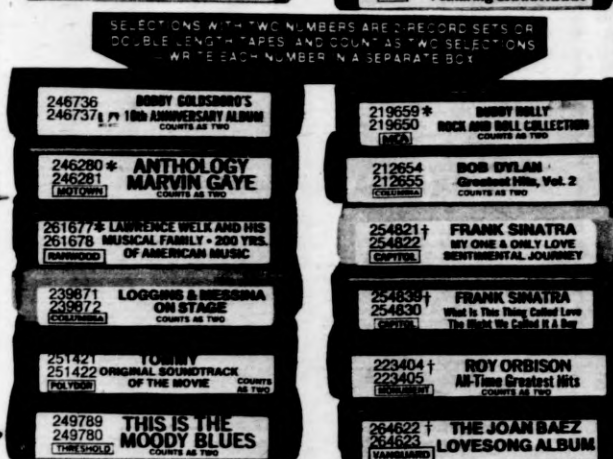
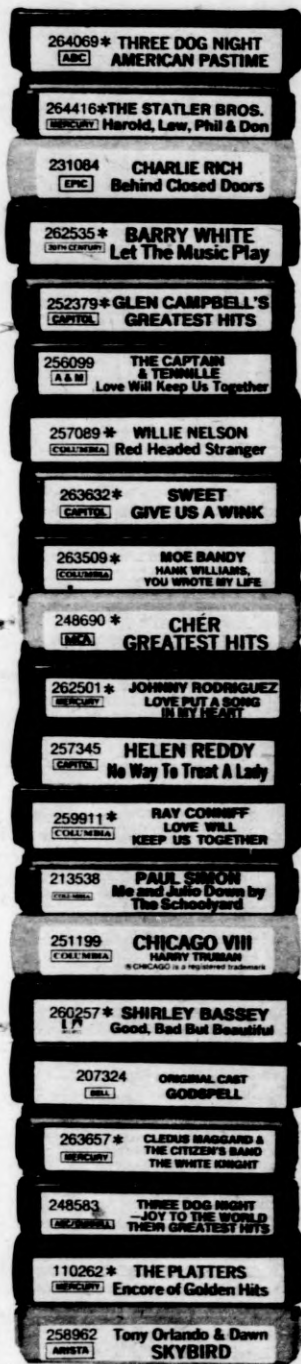
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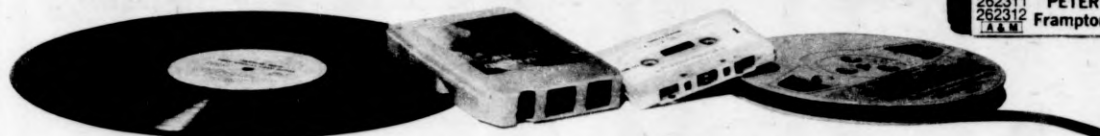
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Your own charge account will be opened... the selections you order will be mailed and billed at regular Club prices, which currently are: 8-track tapes and cassettes, \$6.98 or \$7.98; reel tapes, \$7.98; records, \$5.98 or \$6.98—plus shipping and handling. (Multiple unit sets and Double Selections may be somewhat higher.)

After completing your enrollment agreement (by buying 8 selections within 3 years), you may cancel membership at any time. If you decide to continue, you'll be eligible for our generous money-saving bonus plan.

NOTE: all applications are subject to review and Columbia House reserves the right to reject any application.

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Terre Haute, Indiana 47808

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Country Music's "Outlaw" King and Queen:

Waylon Jennings and Wife Jessi Colter

Raeanne Rubenstein



"For a person to become a full person, he has to completely turn his back on everything he's been taught. You've got to destroy the myth in order to become a man."

By Noel Coppage

Waylon Jennings's heroes, it says in one of his songs, have always been cowboys. Like the cowboy, he seems a romantic, larger-than-life, self-contained loner left over from a bolder, freer time. Blessed with a craggy, mellow, heartbreaking voice, Jennings is not only a singer of high acclaim and cultural border-crossing popularity—he is also something of a symbol of man-against-machine in his relationship with country music's power brokers in Nashville. He rubbed the Music City establishment the wrong way for 10 years or so . . . and finally some of its labels came off, and the old machinery started to crank itself around. Today the so-called "progressive country" movement headed by Jennings and his friend and fellow Texan, Willie Nelson, is clearly where the excitement is, and not merely for hard-core country music aficionados. As Jennings says, "It isn't a type of music but an individual's music, or an *individual* music." The media have dubbed him and a small number of free spirits associated with him "The Outlaws." The Outlaws include Jennings's wife of six years, Jessi Colter, similarly intense and emotionally straightforward, similarly uncategorizable and—with the hit "I'm Not Lisa" behind her—similarly famous.

Cowboys (and outlaws, if one believes those are two different things) are believed to be strong of will and stubborn; but they are also suspected of being—well, old-fashioned. Waylon Jennings, at home with singer-songwriter Jessi, seems to have a broad, easy streak of gentleness. He nods that, yes, you could call Jessi a liberated woman and says, "To rob a woman of her personality or her being an individual, that's like killing her. . . . I try not to get too involved with Jessi's records, even though I help produce them. I try to stay out of it and let it go its own direction, to a point, and then I can help bring together what she and the musicians have got. If I go in and start arranging, it'll have my footprints all over it, and I don't want that."

"And in my priorities," Jessi says, "Waylon—

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perhaps because he's the kind of man he is—comes first. I mean it doesn't matter what he'd ask me to do. I trust his logic. It's my nature to consider him first. It comes very naturally, very easily. As a result, he's usually thinking for me because he knows I'm always thinking of him first."

They live with their four children—three are his, one is hers, all by previous marriages—in a large house near Nashville, where they've collected such items as a dandy old color-changing Wurlitzer juke box with 78-rpm records still installed, an ancient Victrola in perfect shape, an air-hockey game, some books about American Indians (some of Jennings's ancestors were Comanche and Cherokee, and a couple of small dogs, the apparent favorite being Luke, a self-assured West Highland terrier. ("He has some of my traits," Waylon says of Luke. "He'll pace the floor and grumble, for example, going 'Rrrr.'"))

The couple seems, fairly subtly, to deflect the glare of publicity from their kids, although Waylon says, "They're pretty cool. They understand this whole bit. . . . I say to people who work for me, 'You don't call them "Waylon's son" or "Waylon's daughter." They have names, and you get who they are as individuals. Take them on their own terms. . . . They think it's funny, the things that are written about me—the 'big, bad, mean' stuff, you know."

"They want to live their own lives," Jessi says. "They've got it together. When we come in off the road, we have to sit down and catch up on them."

The thing about The Outlaws that rankled the Nashville Sound hierarchy—ironically the same thing that makes them so attractive to those whose heroes have always been cowboys—was that they couldn't be controlled by others. Waylon and Jessi seem to accept this trait as in-

"To rob a woman of her personality or her being an individual, that's like killing her."

evitable in members of the next generation, that the child has to learn firsthand, as the parents did.

"I was the biggest redneck in the world when I played for Buddy Holly," Waylon says (he played bass for Holly—indeed, he was to have flown on the plane that crashed and killed Holly, but he gave up his seat at the last minute). "I went for that whole shot—what you don't know anything about is wrong, better stay away from it, all that . . .

"I've learned a lot," he says. "I've done a lot of wrong things, really bad, bad in the drug scene, things like that. But I learned from it. I'd say it's completely wrong, because you become it. But I had to learn by myself . . .

"Basically," he says, "for a person to

What It's Like When Waylon Sings

The first thing one notices about Waylon Jennings's singing voice, the startling thing, is how big it is. "A monster voice," *Rolling Stone* magazine once called it. Lower pitched than most, it is pebbly-mellow and stark-textured, but it is constantly musical. It draws drama from melody, from notes, from down deep in the song. It is not talkie-dramatic, theatrical-dramatic, outside the song, the way some other large, authoritative voices are. (Remember Arthur Godfrey? Remember Johnny Cash?)

Jennings gets into the song, first of all, because it's a song he really likes; one of the things about him, one of the stubborn things, is that each song has to be special. The strange thing about it, when one thinks about it, is that every singer doesn't insist upon that.

The most important thing, though, is the personality the voice conveys, starting with the open, above-board, candid way the voice does the conveying. The cowboy is saying it's all right to have feelings, but . . . One still has the impression the cowboy can lick any man in the house. Waylon believes the words, and listeners can tell when a singer believes the words. The influence a singer like this can have—the force he can be for good, if the courage to be honest can be considered good—is subtle and enormous.

—Noel Coppage

become a person, a full person, he has to completely turn his back on everything he's been taught. You've got to destroy the myth in order to become a man, you have to destroy the shell, or whatever it is, the myth."

Growth, learning, success have not come easy for Jennings. He's played in places where they had chicken wire around the stage because the customers tended to throw bottles. Jessi may sound at times as if she eased into a world Waylon had tamed for her—"his years in the business, his knowledge and skill," she says, "make it so simple for me; I show up and do my bit, and yet I can be myself at home, a mother, a wife, a writer"—but the depth of her dues-paying is apparent in the way she sounds when she sings.

"Waylon's lifestyle," she says, "the kind of man he is, has been the greatest influence on me. His search for the truth and his willingness to look at the truth and go on—these are things that really taught me."

"And I'd have to say, as far as changing my life goes, that knowing Jessi was the most important thing," Waylon says. "I was on a collision course with something, I don't know what. I weighed about 130 pounds when I met her. I really didn't care. Didn't figure anyone else did, either."

Cowboys, like anyone else, can guess wrong about these things. Neither Waylon Jennings nor Jessi Colter seems likely to make that miscalculation again.



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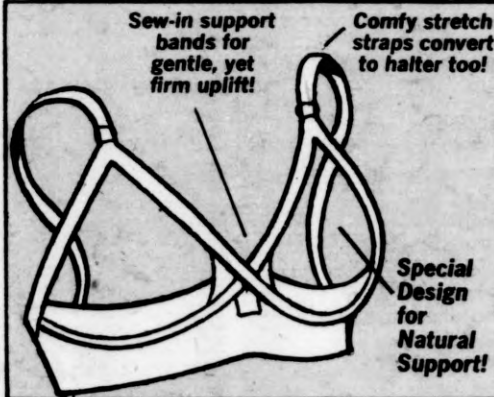
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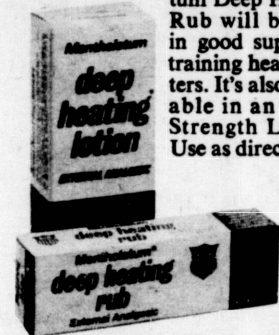
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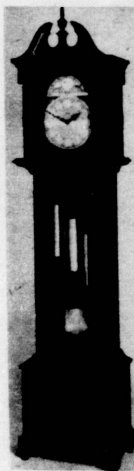
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By Lynn Headley



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What in the World!



CHARO
"It's part of me"

How does an unknown foreign talent launch a career in America? "Talk shows," says Charo, Xavier Cugat's wife. "Either you do talk shows and introduce yourself into every living room in America, or you don't stand a chance. My only complaint is that you have no time to show your talent on talk shows. Sometimes you don't even have a chance to read the musical arrangement with the orchestra beforehand. When showtime comes, I just cross my fingers and say a little prayer that it turns out all right." Charo is best known for her "cutchie-cutchie" routine, but her real talent lies in the concert guitar, which she has studied for 12 years. "I'm well aware of the image I project with my jumping around like Mexican beans, but I know I can win the public's respect with my guitar-playing. But the 'cutchie-cutchie' routine is part of my



HUDDIE LEDBETTER . . . AND ROGER MOSLEY AS "LEADBELLY"

Coincidences between the backgrounds of the black balladeer, "Leadbelly," and the men who made his movie biography are worth a movie in themselves.

Strange Coincidences Department:

The actor who was chosen to play Huddie Ledbetter in the Paramount Pictures film biography, "Leadbelly," is distantly related to the late, great singing guitarist and one-time convict. In fact, actor Roger Mosley's family comes from Shreveport, La., where Leadbelly went in 1905 to sing his particular brand of back-country blues. Another amazing coincidence is that the man who sings Leadbelly's songs in the movie is called HiTide Harris—and Harris's real name is Willie Boyd. "Willie Boyd" happens to be the name Leadbelly adopted after ending one of his several prison experiences. Another coincidence: John Henry

Faulk, who plays Texas Gov. Pat Neff in the movie, actually knew Leadbelly when the famed blues singer lived in New York near the end of his life. Faulk once made a specialty of impersonating Governor Neff, to whom Leadbelly sang in order to be pardoned and released from the penitentiary in Texas. Faulk made his acting debut playing the part of Governor Neff in a suburban theater. He even knew Neff personally. Leadbelly is one of the few musical artists whose records have never gone out of issue. His music survives in all those singers who were influenced by him—from the Beatles to Arlo Guthrie to Bob Dylan.

character. Back when I was a student at a Spanish convent, I would jump around if I knew the answer. I wasn't much of a student, but I finished school because in Spain you are considered a marriageable candidate if you have a convent education."

Solitude is wrongly diagnosed as a disease in America, says journalist Suzanne Gordon. "In our society loneliness equals



Pamela Valois

failure; having people around equals success. Thus the reasoning runs, and the deduction is inevitable: Do anything to avoid being alone. If you are not truly likable, get a gimmick. Play bridge, then you'll have friends. Learn to play an instrument—as my mother told me when I was a child; then people will gather around you at a party, even though you may be a social washout. Be rich; then people will need you. And make sure you're not alone at such special times of the year as holidays, which you are supposed to share with loved ones. The association between failure, loneliness and solitude is so strong in our culture that people often find it difficult to believe that there are some who like being by themselves. When we see someone eating alone

in a restaurant, our first thought is generally: He or she must be so lonely. There must be something wrong when someone withdraws from group membership. So difficult is it for us to imagine that a person could be content with his or her own company." The above is excerpted from Ms. Gordon's new book, "Lonely in America" (Simon and Schuster, \$8.95).

BIRTHDAYS (all Cancer): **Sunday**—Yul Brynner 56; E. B. White 77. **Monday**—Milton Berle 68; Bill Cosby 39; Andrew Wyeth 58; Van Cliburn 42. **Tuesday**—Dave Garroway 63. **Wednesday**—Gerald Ford 63; Ingmar Bergman 58; John Chancellor 49; Polly Bergen 46; Lee Elder 42. **Thursday**—Jan-Michael Vincent 31; Linda Ronstadt 30. **Friday**—Barbara Stanwyck 69; Ginger Rogers 65. **Saturday**—James Cagney 72.



BIRTHDAY PEOPLE:
John Chancellor and Linda Ronstadt

Quips & Quotes

ARMOUR'S ARMOURY
By Richard Armour



I HAVE MY DOUBTS

Did I leave the bedroom light on?

Did I lock the kitchen door?
Did I turn off all the faucets?

Let me look, please, just once more.

Did I take inside those clippers?
Did I turn the furnace down?
Did I leave the dog some water?
(Now we're five miles out of town.)

If I don't go back, I'll worry,
If I do, we'll get there late.
With the choice at fifty-fifty,
I'll be wrong at any rate.

My uncle's trying to save on his electric bill by using 25-watt bulbs. It's the first time I ever saw a living room that looked like it was going to rain.

—Robert Orben

"My boss gave me a good job recommendation, but I'm afraid my new prospective employer took it the wrong way."

"What did your old boss write?"

"He said, 'Harry Burns worked for me for 10 years—and when he left I was perfectly satisfied.'"

—Martin A. Ragaway

A man who's secretly engaged usually finds it out after a while.

—Franklin P. Jones



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—Jane Fleming Henderson, N.C.



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■ **Belva Lockwood**, the first woman to appear on a presidential ballot, who called for "domestic insurrection" to win the vote for women.

■ **Rough Rider Teddy Roosevelt**, whose only fear while charging up San Juan Hill was that he might lose his glasses (so he carried 12 extra pairs).

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